

**Celebrating Your Success:  
A Step-by-Step Guide To Planning an HUSSC Award Celebration**

## **Appendix C– HUSSC Celebration Menu Ideas**

Serving a typical school meal is a wonderful way to showcase the nutrition changes that have been made at your school. You may want to serve the students' favorite meal or if you typically offer several meal choices each day, serve the students' favorite menu. Alternatively, you may decide that you want to serve a unique meal to commemorate the occasion.

Ponderosa School, Billings, Montana, celebrated its 2008 HUSSC Gold Award by serving the students' favorite menu along with a greatly expanded salad bar. The food service personnel created an A-Z salad bar by including a fruit, vegetable or legume for each of the 26 letters in the alphabet. To make sure the *extreme* salad bar met their expectations, the staff ordered the unusual items (quince) well ahead of time from Sysco. The staff also borrowed salad bars from nearby schools to accommodate all of the extra food items. Students were extremely enthusiastic. Most sampled and ate far more produce than they typically would have. They seemed most excited about Star Fruit. This tropical treat is light gold in color and genuinely shaped like a 5-pointed star. A list of the fruits and vegetables corresponding to each letter in the alphabet is included in this Appendix. It incorporates many of the produce items Sodexo served in its A-Z salad bar plus additional items you may wish to substitute for some of the letters.

Gallatin Gateway Schools held its HUSSC Gold Award celebration in March 2012 during National School Breakfast Week. The food service staff prepared breakfast for lunch to highlight the importance of breakfast to students' health, well-being and academic success. Eating French toast for lunch delighted the students, staff and adults alike.

Each month students at Luther School, Luther, Montana select an ethnic group or holiday to study. As part of the lesson, the school cook prepares an appropriate ethnic or holiday meal. It was only natural that Luther would choose an ethnic meal to celebrate its HUSSC Gold with Distinction Award. Information about Luther's ethnic meals and links to recipes are included in this Appendix.

Each October, Red Lodge Schools celebrates Farm to School Week by serving a week's worth of meals made from locally grown foods. This concept can be adapted to a HUSSC Award celebration by serving one local meal as part of the event.

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**A-Z Salad Bar Suggestions**

LETTER	VEGETABLE	FRUIT
A	Artichoke, Asparagus	Apple, Apricot
B	Beans, Beets, Bok Choy, Broccoli, Brussels Sprouts	Bananas, Berries, Blueberries
C	Cabbage, Carrots, Cauliflower, Corn	Canary Melon, Clementine, Coconut
D	Daikon Radish, Dark Leafy Greens	Dates
E	Eggplant, English Peas	Elderberries
F		Fig
G	Garbanzo Beans, Green Pepper	Grape, Grapefruit, Guava
H	Hearts of Palm, Hearts of Romaine	Honeydew
I	Iceberg Lettuce	
J	Jicama, Japanese Eggplant	
K	Kale	Kiwi, Kumquat
L	Lettuce, Leeks, Lentils	Lemon, Lime
M	Mushroom	Mandarin Orange, Mango, Melon
N	Napolitos (preserved prickly pear slices)	Navel Orange, Nectarine
O	Onion, Olives	Orange
P	Parsnip, Potato	Papaya, Pineapple, Pear, Plums, Prunes
Q		Quince
R	Radish, Red Pepper, Romaine Lettuce	Raisins, Raspberries, Red Grapes
S	Spinach, Squash	Strawberries
T	Tomato	Tangerine, Tuscan Melon (like cantaloupe)
U	Upper Cress (a type of watercress)	Ugli (a type of citrus fruit)
V	Vegetable Blend (any frozen/canned veggie mix), Velvet Bean, Vadallia Onion	
W	Wax Beans	Water Chestnuts, Watermelon, Winter Melon
X		Xi Gua (Chinese word for watermelon)
Y	Yam, Yellow Pepper, Yellow Crookneck Squash	Yellow Watermelon
Z	Zucchini	

Serve one item corresponding to each letter of the alphabet.

This A-Z salad bar was created by Sodexho, Billings, MT.

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## **Luther School Ethnic and Cultural Meal Sample Menus and Activities**

### **A Brief History of Ethnic Meals at Luther School, Luther, Montana**

Luther School started hosting a monthly ethnic and cultural meal as a way of exposing its students to a wide variety of specific foods and dishes and also as a means of bringing the world - so to speak - right into their classrooms and school. Luther's very first ethnic meal was a Native American themed meal that was served outdoors; students dined sitting on blankets. The menu for that meal consisted of Cornish game hens, wild rice, roasted root vegetables, baked apples and squash, steamed Swiss chard, beef and bison jerky and cornbread. Luther's parent volunteers and cook were inspired by the food court at the Smithsonian Museum of the American Indian in Washington DC that has extensive offerings from each geographic region of the U.S. and representing the many Native American tribes across the U.S. Luther School parent, booster and wellness committee member Barbara Dykema notes, "From that day on it was just one exciting idea to the next!!"

Each month a different class hosts the ethnic meal and accompanying presentation. Hosting a meal entails choosing the country, area, or holiday, researching recipes, deciding on a menu and developing a presentation for the lunch hour. Often the students chose an area they were studying in social studies, history or perhaps reading about in the news or for an English assignment. The students and their teacher work with Luther's cook to ensure a balanced and nutritious snack and lunch for the day.

Presentations take many forms: inviting a guest speaker with knowledge of the ethnicity or holiday being studied, presenting fun facts of the region, playing a game or quiz show, performing a mock celebration (once with a full sized Chinese Dragon for Chinese New Year!)...the ideas and options are endless. Luther school has included meals from South Africa, France, East India, Ireland, Italy, Germany, a Dickens inspired Olde English Christmas feast, Egypt, Rome, Mexico and many others. Each was unique, memorable, educational and inspirational.

Following are a few sample menus from Luther's extensive list of ethnic and cultural meals. Many of the recipes were amended to incorporate whole grains, seasonal fruits and vegetables and reasonably priced meat options.

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**Sample Ethnic Menus and Activities**

**Nepal**

Snack: Momo (steamed dumplings)  
Khaps (sweet bread)  
Mango & Banana Salad  
Yak Butter Tea

Lunch: Beef Curry  
Dhal (lentil soup)  
Basmati Rice  
Chicken Tandoori  
Steamed Green Beans  
Apple Salad w/Honey Yogurt Dressing  
Green Salad w/Oil, Vinegar & Herbs

Activity: We invited a local couple from Nepal to come and speak at lunch and to answer questions from all the students.

**Surinam**

Snack: Pork Satay  
Mangos, Pineapple and Bananas  
Vanilla Yogurt  
Roasted Cashews  
Coconut Milk

Lunch: Mesquite Chicken  
Ginger Fried Rice  
Goedangan (Cabbage Salad w/Coconut Dressing)  
Banana Bread  
Fresh Hardboiled Eggs  
Nappi Soup

Activity: We invited a student's grandmother who lives and works in Surinam to speak during lunch and to answer questions.

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**New Zealand**

Snack: Scones & Jam  
Rice Pudding  
Fresh Fruit Plate (kiwi, dragonfruit, grapefruit)  
Vegamite & Crackers  
“Kiwi” Eggs (hardboiled eggs)

Lunch: Fish & Chips  
Roasted Sweet Potatoes  
Lamb Stew  
Chicken Strips w/Mango Lime Mayonnaise  
Spinach Salad w/Strawberries and Pears  
Poohah (sautéed greens)  
Cheese Puffs  
Pavlova (fruit and custard pie)

Activity: The students presented fun facts about the geography, resources, population, etc. of New Zealand during lunch.

**Scandinavia**

Snack: Potato Lefse w/Butter & Strawberry Jam  
Ligonberry Juice  
Scrambled Eggs w/Cream Cheese & Chives

Lunch: Swedish Meatballs  
Baked Cod and Haddock  
Cabbage Salad (grated cabbage and carrots in a buttermilk dressing)  
Split Pea Soup  
Yeast Rolls  
Apple Crisp

Activity: The students gave a discussion on the St. Lucia Festival of Lights and had a procession of the girls in Scandinavian St. Lucia Festival dress.